

## Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4435 18 & up Jun 9-Jul 30 Mon & Wed 7:00-8:00 pm**  
**Act#: 4436 18 & up Jun 10-Jul 31 Tue & Thu 6:00-7:00 pm**

## Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4437 18 & up Jun 9-Jul 30 Mon & Wed 6:00-7:00 pm**  
**Act#: 4438 18 & up Jun 10-Jul 31 Tue & Thu 7:00-8:00 pm**

## Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Summer programs too!



## SPECIAL NEEDS

us too gymnastics, inc.  
For Kids who need a little extra help

*The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.*

## Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and talking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month- Resident  
\$80 per month- Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

**To Register: Mail In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4439 3-19 yrs On-going Mon-Sat varies**

## Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, emotions, flexibility, building friendships, and much more!

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 – Resident  
\$80 – Non-Resident  
(one-class workshop)

Location: 23701 Birtcher Dr

**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4491 3-11 yrs Jun 13-Aug 22 Fri 9:00 am-12:00 pm**

# HOW TO REGISTER

## Summer 2014 Registration Dates

Lake Forest Residents: Tuesday, May 13

Non-Residents: Tuesday, May 20

## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, May 13.**

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.



**Questions on Registration? Call 461-3450**



# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male ☐ Female  
 Birthday \_\_\_\_\_ (mm/dd/yy) Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Preferred Contact Phone Number ( ) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No  
 I further agree to pay any and all costs incurred as a result of said treatment. ☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No  
 Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

\_\_\_\_\_  
 (Signature) Parent or Guardian must sign for those under 18 years of age Date \_\_\_\_\_

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only Receipt# \_\_\_\_\_ Paid by Check# \_\_\_\_\_ Paid by Cash Amount \_\_\_\_\_ Initial/ Date \_\_\_\_\_ Conf \_\_\_\_\_

Credit Card Payments are not accepted at City Hall